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Animal activist steps forward

An Edmonton man says he's behind the graphic footage and images taken at the controversial GuZoo

PAGE 6

GET A DOSE OF VIN DIESEL IN RIDDICK

THE ACTOR CONTINUES TO PROVE HE KNOWS WHAT HE'S DOING BY GIVING AUDIENCES WHAT THEY WANT

PAGE 18



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GAME SAVER

Calgary Stampeders Brandon Smith knocks down a pass to Edmonton Eskimos Fred Stamps in one of the game's last plays when the Calgary Stampeders took on the Edmonton Eskimos during the Labour Day Classic at McMahon Stadium on Monday. Stamps beat the Esks 37-34. More coverage, pages 4, 5 and 26. CANDICE WARD/FOR METRO

'Factory model' of high school set to change

Concerns remain.
Funding cut heaviest for senior students



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Some days, student Gurtej Mangat feels like he's just going through the motions, moving from one class to the next with little inspiration.

His friend Andrew Choi really likes math and science but admits he too gets a tad antsy in his other subjects.

Neither 15-year-old has a firm grasp on what they want to do professionally. On Tuesday, they both start high school.

But the Calgary Board of Education believes a system-wide model they're moving towards will do wonders for students in Mangat and Choi's situation, allowing them to find their passion and develop the appropriate skills to excel in post-secondary studies and, ultimately, their careers.

"We are moving away from the industrial model — the factory model — of education into a more flexible and dynamic one that is focused on the students," CBE Supt. Naomi Johnson explained. "So

what we have to do is look at campus models, ways of working together."

Cathy Faber, who works directly underneath Johnson as superintendent for learning innovation, elaborated, saying it's not inconceivable that in five years a senior high student would travel off-site to specialize in specific career-and-technology, fine-arts and second-language areas. Certain specialized courses would also be offered online as well as potentially at night, on weekends or even over the summer break, Faber said.

"They would have access to programs and schools that are available throughout the Calgary board, and that should allow them to pursue the quality and the direction of learning that serves them best," she said. "Everywhere that students are accessing high school programming through the CBE is touched by this."

A small-scale pilot of the high school of the future has already begun at Lord Shaughnessy High School, where students from eight other buildings travel to the state-of-the-art site to learn in areas like broadcasting and environmental sciences.

The CBE has also identified in its 2014-17 capital plan six other sites where it would

like to perform Shaughnessy-type upgrades. But Faber conceded there are still logistical and cost concerns — the six upgrade projects come with an estimated \$103-million price tag, and getting students around who don't have their own vehicles could pose challenges as well.

But Faber said the new model could come with efficiencies as well. For example, the CBE is already running a Punjabi course that is taught to students from three schools by one instructor using a webcam.

"We can't sprinkle courses broadly across every facility," she said. "It's not sustainable."

Jeff Bowes, president of the Calgary Association of Parents and School Councils, said he's interested to watch the new high school model take shape but added he worries a student could get "pigeon-holed" by choosing to specialize in an area too early, only to realize later it's not for them.

Still, when informed of the model, both Mangat and Choi said they saw benefits.

"I still think you should have to learn a little about even the subjects you aren't interested in, but that would be really cool," Mangat said.

TO SEE HOW STUDENTS ARE ALREADY CONNECTING ONLINE, HEAD TO PAGE 8.

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Flood. Aldermen question budget adjustment

Aldermen say they'll be seeking more information from city staff on Tuesday before deciding on millions of dollars in adjustments to this year's capital budget, recommended in the wake of June's flooding.

"I'm OK with approving projects that need to be done because of the flood," Ald. Shane Keating said on Monday. "But when you start adjusting and delaying and deferring, that's a totally different concept, and without solid, solid information ... I'm not in favour of any of that."

His comments come in response to a recommendation from city staff to amend the approved 2013-14 capital budget with \$95.6 million in additional spending on flood-related projects, while also removing \$41.7 million in non-flood-related spending.

The result is a \$53.9-million increase, which is notably close to the \$52 million in "tax room" council decided this summer to devote to flood recovery and mitigation.

"I think that's sheerly coincidental," Ald. Richard Pootmans said. "But that's a question I know will be asked."

Pootmans said he wants more information on the possible impacts to the city's long-term reserve funds.

Keating, meanwhile, said that with uncertainty still surrounding the costs covered by the province and insurance, it might be premature to readjust capital budgets right away.

"It makes more sense that we would just dip into the reserve funds," he said.

ROBSON FLETCHER/METRO



Repairing damage to Calgary's Municipal Building alone will require an additional \$4.3 million, says a new city report. METRO FILE

Calgary flood costs now \$460M: Report

Long road ahead.
'Recovery from this event will take many years,' task force reports



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Calgary's flood-damage tally continues to creep higher, with the latest estimate coming in at \$460 million.

That figure accounts for "initial damage and cost estimates" relating to city-owned assets and infrastructure, says a new report the mayor and aldermen will be presented with on Tuesday.

"I'm relieved it's not more," Ald. Richard Pootmans said of the figure, the city's largest estimate of flood damage to date.

Still, Pootmans said he was "not at all surprised" to see the tally climb that high, given the ballpark estimates senior city bureaucrats have previously put forward.

"It's approaching half a billion," city manager Owen Tobert told council on July 29, although at the time a more precise figure had yet to be calculated, since some areas such as parks and pathways were still inaccessible and damage assessments had yet to be done.

Now, though, the city estimates pathway repair will cost

an additional \$2 million on top of \$1.7 already approved during the state of emergency.

Cleanup work and other projects at city parks, meanwhile, are expected to require another \$6.5 million on top of \$6.6 million already approved.

A separate report, also due to be tabled at Tuesday's priorities and finance committee meeting, details the flood's effect on the city's operating budget, with the financial impact from June 20 to June 30 alone estimated at \$61.7 million.

Of that, \$33.7 million is expected to be covered by insurance or the provincial government, but the report also cautions "not all costs are likely to be recovered."

Hefty price tag

- The city's preliminary request for funding under the province's Disaster Recovery Program totals \$147 million, but that amount is expected to be revised.
- The city expects to recover about \$166 million in flood-related costs from insurance, according to current estimates.
- The city has already received a \$50-million advance from insurance providers.

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Labour Day tailgating

CFL fans gather for annual late-summer fun for the big game between Calgary and Edmonton. For more on the Labour Day Classic, see pages 5 and 26.

PHOTOS BY GLENN KELLY/FOR METRO
calgary@metronews.ca



1 Chews your own. Wiener lose, Stamps fans will not go hungry

Stampeder fan Sheldon Norquay cooks up some Spumbo's sausage for a pre-game meal at the Labour Day Classic on Monday.

2 Hell hat no fury. He loves this team; it's written all over his face

Garry Steel shows off his team spirit.



3 Top brass. Live music shakes things up

The Dixie Knights perform for tailgaters.

4 Friend or foe? They are armed and ready to watch

Edmonton Eskimos fan Roger Campbell, left, and friend Murray Gustafson get serious before their teams face off.



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Going gourmet on a Labour Day tailgate

Culinary classic.

'Anything you can cook at home, you can cook in a parking lot and it will taste even better': Longtime Stamps fan

At the Labour Day classic on Monday, as the Stamps and Eskimos prepared for the smell of victory on the gridiron of

McMahon Stadium, outside its walls another scent filled the air.

Pizza.

Over in a corner of the parking lot, in the same spot where he has been for 17 years, Tony Tiberio was preparing tasty pies from an oven in the back of his truck.

"Pizza is a first for us. We've made pizza on a barbecue but this is the first time we've gone all out and brought the oven," Tiberio said.

The longtime Stamps fan has been cooking up a veritable smorgasbord of delicious delicacies for friends and family alike, offering what he claims is some of the best tailgating food around.

"We do an annual chili cook-off, we do an Oktoberfest, bratwurst and sauerkraut, we do it all here," Tiberio said.

"You'll never see a cooked burger here — that stuff doesn't happen."

Tiberio's tailgate kitchen draws quite a crowd, with some 40 people usually dropping by his familiar spot for eats. That growing crowd will continue every year as long as Tiberio is around, showing a passion for cooking in a sea of smokies, and swearing by his technique.

"Anything you can cook at home, you can cook in a parking lot and it will taste even better," he said.

GLENN KELLY/FOR METRO



Tony Tiberio shows off the massive pizza he cooked up for this year's Labour Day Classic tailgating. GLENN KELLY/FOR METRO



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Mount Royal University to begin construction of new library in spring

Mount Royal University's president says he's "incredibly optimistic" that work will begin on a new Library and Learning Centre on campus in the spring, with a formal ribbon-cutting coming sometime in early 2016.

Plans for the \$85.5-million project were left up in the air after March's provincial budget allocated only \$30 million in funding over the next three

Square metres

16K

Mount Royal University's planned Library and Learning Centre will span more than 16,000 square metres over four floors, according to its website.

years.

But MRU President David Docherty said the province has

been "very supportive" of getting construction underway sooner, rather than later.

"We are nearly done the design," he said. "I think the only question we had with the budget was the timing of the building as opposed to the shape of the building."

Docherty did say some tinkering could still be done on the new facility, specifically to address concerns raised by a

task force he established on student mental health.

Features such as the lighting of the building or the design of study spaces could be altered as a result, he said.

All told, the new facility will triple study space for students, double space for book collections and add 620 classroom seats, for a capacity of 1,500, according to Mount Royal's website. JEREMY NOLAIS/METRO

Bow River. Mystery truck to remain submerged, for now

Calgary firefighters will take their time before deciding exactly how to go about removing a pickup truck found submerged in the Bow River over the weekend.

The vehicle was discovered on Saturday south of Harvie Passage, but officials are perplexed as to exactly how it ended up there.

A diver with the fire department found the vehicle

to be empty. No injuries have been reported.

Since the vehicle "poses no immediate threat to the general public nor the environment," the fire department announced Monday it would undertake further consultations before its next action.

The truck is in a section of the river that is currently closed.

ROBSON FLETCHER/METRO



Philip Shaw, who lives in Edmonton and works in Calgary, has taken responsibility for behind-the-scenes photos and video of the controversial GuZoo, near Three Hills, that have stirred a firestorm of criticism in recent months. Shaw is seen in the front parking lot at GuZoo. COURTESY PHILIP SHAW

GuZoo whistleblower steps forward

New details emerge.

Activist admits to going on zoo property without permission seven times



JEREMY NOLAÏS
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An Edmonton animal-rights activist claims to be the person who took graphic footage and images at the controversial GuZoo over the Canada Day long weekend.

Philip Shaw told Metro that the material, which includes a nearly 10-minute edited video showing maggots in a dish of cat food as well as carcasses in the vicinity of animal enclosures, was gathered during one of seven excursions at the private zoo near Three Hills, which has long been a source of controversy.

Previously, the Council of Concerned Albertans for

Animal Welfare and Safety went public with the material after claiming to have received it from an anonymous whistleblower.

But Shaw said Monday he's "just an activist with a camera."

"I am willing to be punished, as I have been," he said, referring to two \$275 tickets he's been slapped with for trespassing on GuZoo property. "And I expect the evidence I gathered to be used to improve and punish the GuZoo."

Shaw has also approached a representative with Alberta Environment and Sustainable Resource Development (AESRD) and could discuss the material with investigators as early as this week, ministry spokesperson Nikki Booth said on Monday.

"We have been made aware of him taking the responsibility for taking the photos and the videos and he will be put in touch with the appropriate government officials to have conversations with them," Booth said.

AESRD had said it would need more information from the person who took the photos and video before it could investigate GuZoo's current standards.

But Shaw also provided an Aug. 16 letter addressed to him from Alberta Environment Minister Diana McQueen that shows the Society for the Prevention of Cruelty to Animals had already conducted an inspection of GuZoo after receiving complaints in July.

"It is the understanding of my staff that no violations were detected under the Animal Protection Act," McQueen wrote.

Shaw has gained notoriety among animal-rights proponents. He claimed to have swum onto Calgary Zoo property during the floods in June to help free animals in partially submerged enclosures.

He said his primary goal in targeting GuZoo is to pressure on zoo owner Lynn Gustafson to seek help from the province to take better care of the animals living there.

Business is booming

Busiest summer on record: GuZoo

More than 20,000 visitors have visited GuZoo since spring, its busiest summer since opening in 1990, owner Lynn Gustafson said.

He added Monday it's likely the zoo will remain open to the public during the winter months for the first time in three years due to increasing popularity.

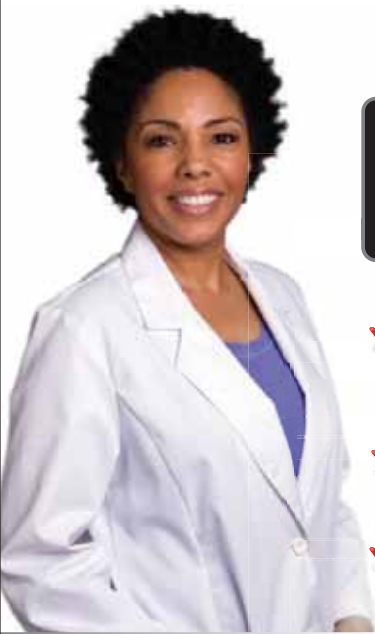
"Everybody's commenting on how well the animals look and what good shape they're in," Gustafson said. "It makes you feel good to hear that."

His comments marked a dramatic turnaround from threats in July to close GuZoo off to the public within six months if RCMP didn't lay charges in what he claims has been a rash of trespassing and vandalism.

JEREMY NOLAÏS/METRO

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Forest Lawn

Calgary police nab goat on the lam

Police lassooed a goat in southeast Calgary Monday morning, but said they're still working to determine where the animal came from.

Insp. Steve Ellefson said the farm animal was on the lam for about 20 minutes in the community of Forest Lawn. "We chased it, we caught it," he said.

JEREMY NOLAIS/METRO

Hwy. 762

Motorcyclist clocked at over 200 km/h outside Calgary

A Calgary man was arrested and charged after police clocked him doing nearly three times the speed limit on his motorcycle Saturday.

Police said they had radar set up on Highway 762 south of Bragg Creek shortly after 6 p.m. when the motorbike was reported travelling north at a high

speed.

Police say they clocked him at 235 km/h in an 80 km/h zone.

Police charged the 23-year-old with dangerous driving. **METRO**

Longview area

Teen critical after crashing motorbike

A 16-year-old from the Vulcan area was rushed to hospital after crashing a dirt bike into a parked car after reportedly drinking at a house party southwest of Calgary.

Turner Valley RCMP were called out around 2:30 a.m. Monday 20 kilometres west of Longview after the teen reportedly was drinking heavily at a bush party and left on Highway 541 on a dirt bike.

Police said the teen was not wearing a helmet when he hit the car. Witnesses said he flew over the car on impact and landed on the pavement.

STARS air ambulance took the victim to hospital. **METRO**

Edu-forum 'not your mother's search engine'

CORE. Online resource takes learning beyond walls of Calgary classrooms

Where students once felt a short-lived burst of pride as their top-graded school project was posted to the family fridge for all to see, nowadays their work can be added to an online super-forum to help educate tens of thousands of others.

CORE, the Collaborative Online Resource Environment, launched last year and has now grown to feature more than 160,000 educational resources, including documents, videos, photos, lesson plans, and more.

A Calgary Board of Education January newsletter was quick to declare that the site is "Not your mother's search

engine."

Students and teachers from five participating school boards can log in to upload their creations or findings, download others for their own uses, as well as leave comments and ratings. Much of the material cannot be found elsewhere on the web — for free at least — because boards have purchased a licence to use it.

"What we're really trying to capitalize on is the collective wisdom that we have with our staff and also capitalize on the brilliance that students can bring in this form," beamed Brant Parker, CBE director of learning technology, during a walkthrough of the program provided to Metro in June.

While the CBE as a whole is moving to integrate its high schools, Parker said, progress is already being made across all grades. During a tour of

Who is in

School boards involved in CORE so far

- Calgary Board of Education
- Calgary Catholic School District
- Canadian Rockies Public Schools
- Golden Hills School Division
- Rocky View Schools

signed a visual tutorial using ladybugs to work through basic math problems. That resource could now be uploaded to CORE for other teachers and students to download for their own uses.

Parker said the CORE site specifically is growing rapidly in popularity and in the amount of available content.

Analytics on the site indicate Grade 4 students are the heaviest users thus far.

"Everybody says they want to be a part of CORE," Parker said.

For more information, head to albertacore.ca.

JEREMY NOLAIS/METRO

On the web

To see a tutorial video of how CORE works, head to metronews.ca

Brant
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Parker, director of learning technology with the Calgary Board of Education, said online resource CORE is opening students up to more top-tier lessons than ever before.
NOLAIS/METRO

Cut-A-Thon. Raising AIDS awareness by razing dry ends



Hairstylist Jason Mellor from Edges Salon styles Alya Jinah's locks during the Donnie Peters Memorial Cut-A-Thon. GLENN KELLY/FOR METRO

Hairdressers from some of the top salons in Calgary and area spent their Monday snipping and styling as part of the Donnie Peters Memorial Cut-A-Thon.

The event was put on in support of the AIDS Calgary Awareness Association and the Lunch Program, which provides groceries, cooking supplies and meals to those affected by HIV and AIDS.

Donnie Peters was a driving force behind the Cut-A-Thon until he himself lost his battle with AIDS in 1999.

"He was an amazing person,

a heart of gold that was always giving," says friend and fellow volunteer Eric Jackson.

Jackson, who now helps organize the event, says the Cut-A-Thon brings people together, gay or straight, whether they are in need of a trim or just simply wish to support the cause.

With face painting, balloon art and live DJs to dance the afternoon away, the Cut-A-Thon raised over \$2,500 as of press time, but to Jackson and the other volunteers, the message and Peters's legacy is what is most important.

GLENN KELLY/FOR METRO



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Kaboom. Meteor strike in Quebec altered the fate of the Earth, paper argues

Somewhere under the bedrock of southern Quebec lie the ancient, undiscovered traces of an enormous meteor strike so catastrophic that it helped set the course of human history.

At least, so argues Dartmouth University geochemist Mukul Sharma in a new paper.

Sharma studies the Younger Dryas, a period about 13,000 years ago when the Earth suddenly reversed a warming trend and cooled radically for more than a millennium.

North American ice-age mammals from camels and ground sloths to sabre-tooth tigers became extinct. Humans had to learn to survive on roots, berries and small game — and maybe even shift to agriculture.

Some scientists hypothesize it was related to the collapse of a giant ice dam formed by receding glaciers, which released a huge flood of cold freshwater that disrupted ocean currents. Others suggest something else must have been at work as well.



North American ice-age mammals, such as the sabre-tooth tiger, became extinct in the Younger Dryas period.
PETER MACDIARMID/GETTY IMAGES FILE

Sharma and his colleagues examined marble-like rocks found in Pennsylvania and New Jersey that date right from the start of the Dryas period. These “spherules” can only be made through extraordinary heat.

What's more, Sharma found the spherules weren't local — they closely matched those from areas in southern Quebec.

Sharma believes he has discovered evidence of a huge meteor strike that hurled rubble over a good chunk of the continent.

THE CANADIAN PRESS

Saguenay, Que.

Blood likely used to deface mosque

Police in Quebec's Saguenay region have been called in after a mosque was vandalized over the weekend — spattered with what

could be pig blood.

Representatives of the area's small Muslim community say they believe it to be an isolated incident.

“All it takes is one or two stupid people for something like this to happen,” agreed Mayor Jean Tremblay. THE CANADIAN PRESS

‘Freeman’ to some, an outlaw to others

‘Sovereign citizen’ movement. Authorities warn against those who flout government, laws

He introduces himself as Brian Arthur of the Alexander family. He drives without a licence and does not pay income tax.

Brian Alexander is a self-proclaimed Freeman-on-the-Land and one of a growing number of Canadians who have “freed” themselves from what they see as an overbearing government.

“People can't afford to live, and they're basically destroying society,” Alexander says at his home in Kamloops, B.C.

He speaks about the plight soldiers have faced upon their return from Afghanistan and about the ailing environment.

Alexander says violence has no place in the movement, but one official who has followed the rise of Freemen in Canada says there have been a number of confrontations during traffic stops or legal proceedings.

“What we've seen over the last year is ... an increasing level of desperation,” says Ron Usher, of the Society of B.C. Notaries. “People just don't like the idea that someone isn't going to help them with their fantasy.”

The Law Society of B.C. and B.C. Notaries have both issued warnings about Freemen,



Brian Alexander, of Kamloops, B.C., is a self-proclaimed Freeman-on-the-Land and one of a growing number of Canadians following the so-called “sovereign citizen” or “Natural Persons” movement. DARRYL DYCK/THE CANADIAN PRESS

which the law society said in a bulletin last year may number as many as 30,000 in Canada.

“Since one of the tenets of the ... movement is an unrestricted right to possess and use firearms, they raise significant safety and security concerns,” the bulletin says.

Law-enforcement agencies are developing awareness materials for frontline officers.

THE CANADIAN PRESS

Freemen in action

Dozens of sovereign citizens have found themselves facing tax evasion, contempt or criminal charges.

- In the U.S., the FBI considers the movement a domestic terror threat, and a 2011 FBI report cites several

clashes with police.

- In Canada, the “Sovereign Squamish Government” claims to distribute its own licence plates, and one Ontario Freeman is using an online video to recruit his own police force.

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Heading back to school as a boy: Transgender child shares story

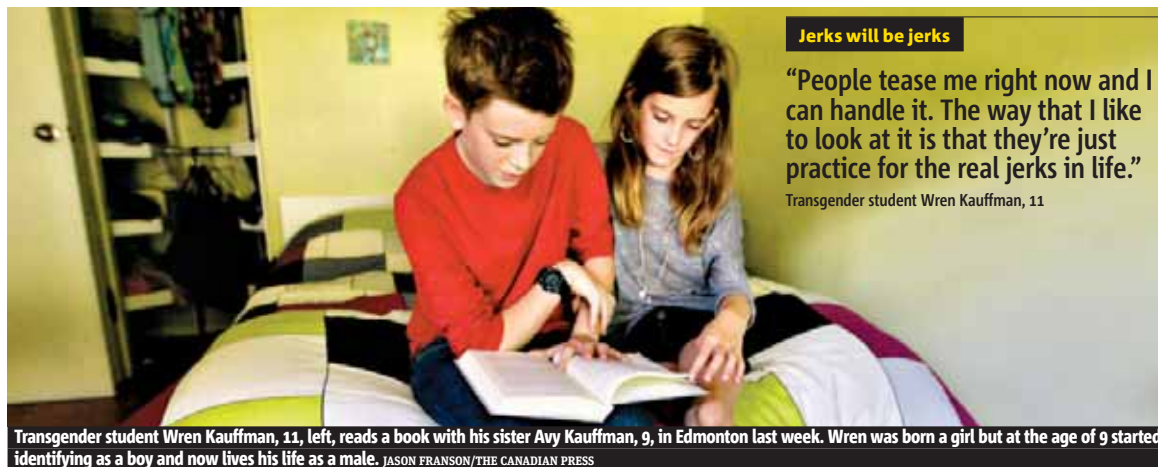
Born a girl, and it's no secret. Wren, 11, is the youngest openly transgender kid at his Edmonton school

When 11-year-old Wren Kauffman goes back to school this week, he won't be hiding the fact that he was born a girl.

Teachers, friends and students at his Edmonton school know the truth — that he appears to be a girl on the outside but feels like a boy on the inside. And that's why, even at such a young age, he has chosen to live in the world as the opposite sex, and not keep it a secret.

"If you're not yourself, then it kind of gets sad and depressing," says the freckle-faced kid with short-cropped hair. "I'm glad that I told everybody."

More students these days are not just coming out in school



Transgender student Wren Kauffman, 11, left, reads a book with his sister Avy Kauffman, 9, in Edmonton last week. Wren was born a girl but at the age of 9 started identifying as a boy and now lives his life as a male. JASON FRANSON/THE CANADIAN PRESS

as gay but also as transgender or transsexual, and they're doing it at younger ages, says Kris Wells, a researcher with the Institute for Sexual Minority Studies and Services at the University of Alberta.

Some studies show six out

of 1,000 students experience transgenderism. About one out of 170 teachers are transgender.

Wells says his office gets calls and emails from parents and schools across the country at least once a day asking for advice. A few years ago, he helped

a child swap sex roles while in Grade 2 at a Catholic school in rural Alberta.

Some students and their families choose a more secretive approach, switching schools or even moving to other provinces, so they can start fresh, he

says. Others transition over the summer and return to school in the fall identifying with their new sex.

Brave students, like Wren, proudly announce who they used to be — and who they are now. **THE CANADIAN PRESS**

Jerks will be jerks

"People tease me right now and I can handle it. The way that I like to look at it is that they're just practice for the real jerks in life."

Transgender student Wren Kauffman, 11

Always felt like a boy

'When do I get to be a boy?'

Wren, born Wrenna, says he doesn't remember a time when he didn't feel like a boy.

Growing up, he hated wearing dresses. When he was five, he had his mom take him to a hairdresser to cut off his long, brown locks. He wanted to look like Zac Efron from High School Musical.

Wendy Kauffman says she and her husband, Greg, knew their daughter was different. She would often ask: "When do I get to be a boy?" And she pleaded to be born again in order to come out right. **THE CANADIAN PRESS**

Bus-driver killer may be seeking revenge for sexual violence

Mexican prosecutors said Monday they are investigating claims that a woman who killed two bus drivers last week in a northern border city was seeking revenge for alleged sexual abuse of female passengers.

The claims made in an

email from the self-styled "bus-driver hunter" echoed deeply in Ciudad Juarez, which has a grim history of sexual violence against women aboard buses.

A woman wearing a blond wig — or dyed hair — boarded one of the school-bus-style vehicles that serve as trans-

port in Ciudad Juarez on Wednesday morning. She approached the driver, took out a pistol, shot him in the head and left the bus.

The next day, apparently the same woman did exactly the same thing to another driver on the same route.

Over the weekend, media outlets began receiving emails from the address "Diana the hunter of bus drivers."

"I myself and other women have suffered in silence but we can't stay quiet anymore," the email said.

THE ASSOCIATED PRESS

Eerie similarities

Women murdered during a string of more than 100 eerily similar killings in Ciudad Juarez in the '90s and early '00s disappeared after boarding buses.

- Their bodies were often found weeks or months later, raped, strangled and dumped in the desert or vacant lots.

THE **loop**.ca
News, Made Better



Scientists set up a raft with a micro-meteorological station on a lake in this undated photo. Ontario is pledging funds to keep a world-famous experimental research area open. CONTRIBUTED: EXPERIMENTAL LAKES AREA/THE CANADIAN PRESS

Experimental Lakes Area thrown a lifeline

Ontario funding. \$2-million pledge will allow facility to remain open while long-term deal is hashed out

Ontario is pledging \$2 million per year to keep a world-famous experimental

research area open in the northwestern part of the province.

Premier Kathleen Wynne made the announcement Monday.

The Experimental Lakes Area has been used since 1968 for fundamental freshwater studies. But Ottawa announced last year that it was closing the area to save \$2

million annually.

A Winnipeg-based, non-governmental research organization — the International Institute for Sustainable Development — is in negotiations to take over management of the 58-lake facility.

"Today is a good day for science," IISD president Scott Vaughan said in a statement.

THE CANADIAN PRESS

Quebec corruption probe

Unions on hot seat as inquiry resumes after two months

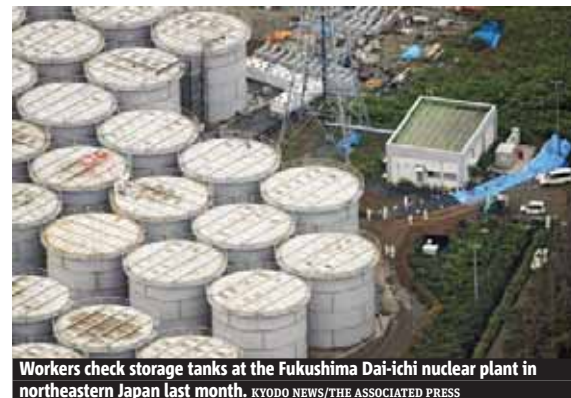
Quebec's corruption inquiry is set to resume Tuesday after a two-month-long summer break. This time the province's unions will be put under the microscope.

Six members of the powerful FTQ construction union are expected to testify at the inquiry this fall, including top boss Yves Ouellet.

The commission is also expected to delve into construction contracts involving Quebec's transportation ministry as well as cities around the province.

The inquiry has heard from 80 witnesses so far, including mayors, city officials, and engineering executives.

It was granted an 18-month extension from the provincial government and Chair France Charbonneau must now deliver her report by April 2015. **THE CANADIAN PRESS**



Workers check storage tanks at the Fukushima Dai-ichi nuclear plant in northeastern Japan last month. KYODO NEWS/THE ASSOCIATED PRESS

Fukushima Dai-ichi. New leaks alarm watchdog

Japan's top nuclear regulator raised safety concerns Monday about hastily built storage tanks and their foundations at the damaged Fukushima Dai-ichi power plant after signs of new leaks of radioactive water.

The latest leak was found over the weekend in a connecting pipe. The plant's operator, Tokyo Electric Power Co., said it suspects there may also have been leaks from three storage tanks because elevated radioactivity was detected near

them. Nuclear Regulation Authority Chairman Shunichi Tanaka said the small leak and possible other leaks have added to concerns about the plant's stability.

They follow a loss of 300 tons of highly radioactive water from a steel tank on Aug. 19. The tanks are part of approximately 1,000 tanks holding 330,000 tons of contaminated water at the plant, where the radioactive waste water from the reactors grows by 400 tons daily.

THE ASSOCIATED PRESS



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Obama admin. must sell strategy to win backing on Syria: Republicans

U.S. Congress. Sen. John McCain says U.S. intervention will be tricky because Bashar Assad 'is moving his forces around'

Two Republican foreign-policy hawks say U.S. President Barack Obama must make a strong case for attacking Bashar Assad's Syria if he wants to win congressional backing for the operation.

Sen. John McCain told reporters at the White House that Obama's intervention now will be more difficult because Assad "is moving his forces around." Both McCain and Sen. Lindsey Graham questioned the wisdom of the administration publicly signalling in advance its intention to strike.

The Republican senators, who often speak with the same voice on foreign affairs, talked in the White House driveway on Monday after a private meeting with Obama.

McCain said he believes lawmakers awaiting a critical vote on Syria "must be assured that this is different from the past two years of neglect" on the part of the administration.

Also on Monday, France released an intelligence report alleging chemical-weapons use by Syria's regime that dove-



Members of pro-Kremlin parties picket against possible U.S. military action against Syria near the U.S. Consulate in St. Petersburg, Russia, on Monday. The banner reads "Hands off Syria." DMITRY LOVETSKY/THE ASSOCIATED PRESS

tailed with similar U.S. claims, as Assad warned that any military strike against his country would spark an uncontrollable regional war and spread "chaos and extremism."

On Saturday, Obama stunned the world when he opted against immediate action in Syria despite the administration's insistence that Assad had gassed his own people, killing almost 1,500 citizens in a Damascus suburb on Aug. 21.

THE ASSOCIATED PRESS/WITH FILES FROM THE CANADIAN PRESS

'Balanced stance'

U.S., Russia to meet on Syria?

President Vladimir Putin proposed on Monday to send a delegation of Russian lawmakers to the United States to discuss the situation in Syria with members of Congress.

Two senior Russian legislators suggested that to Putin, saying polls have shown little support among Americans for armed intervention in Syria to punish its regime for an alleged chemical weapons attack.

The lawmakers said maybe U.S. legislators can be persuaded to take a "balanced stance" on the issue.

THE ASSOCIATED PRESS

Egypt

Dissolve Muslim Brotherhood, Egyptian judges recommend

A panel of Egyptian judges recommended Monday the dissolution of the Muslim Brotherhood, adding momentum to a push by authorities to ban the ousted president's main backer.

Since the military deposed Mohammed Morsi in a July 3 coup, it has intensified a crackdown on the Brotherhood, Egypt's largest political organization. THE ASSOCIATED PRESS

Obama to face NSA surveillance protests during visit to Sweden

Internet freedom activists plan to protest U.S. online spying when Barack Obama visits Stockholm this week, but Swedish officials say they won't raise the sensitive issue with the U.S. president.

Foreign Minister Carl Bildt told The Associated Press on Monday that government surveillance of the Internet is "going on worldwide" and is not something on the agenda during Obama's visit on Wednesday and Thursday. "We are not entirely innocent ourselves," Bildt said. "We conduct both



Sweden's Foreign Minister Carl Bildt THE ASSOCIATED PRESS FILE

intelligence and security operations on the Net. But they are regulated by law. And we have stringent safeguards and surveillance of them."

He also noted that the Euro-

pean Union already is in discussions about "data privacy" issues with the United States.

Critics have accused the Swedish government of having a double standard for not speaking out against U.S. surveillance programs exposed by National Security Agency leaker Edward Snowden. "It is astonishing and awful that they don't want to raise this issue," said Anna Troberg, a spokeswoman for Sweden's Pirate Party, which advocates online freedom without government interference.

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Tornadoes rage across eastern Japan

Utility poles fall over a road after a tornado in Koshigaya city, north of Tokyo. Tornadoes tore through eastern Japan on Monday, leaving dozens of people injured, at least one seriously, and destroying some buildings. KYODO NEWS/THE ASSOCIATED PRESS

To Fla. from Cuba without a cage

5th time's a charm.

Diana Nyad swam the 110 miles in nearly 53 hours, according to a support-team member

Looking dazed and sunburned, U.S. endurance swimmer Diana Nyad walked ashore Monday, becoming the first person to swim from Cuba to Florida without the help of a shark cage.

The 64-year-old Nyad swam up to the beach just before 2 p.m. EDT, about 53 hours after starting her journey from Havana on Saturday. As she approached, spectators waded into waist-high water and surrounded her, taking pictures and cheering her on.

"I have three messages. One is, we should never, ever give up. Two is, you're never



Nyad, 64, is the first swimmer to cross the Florida Straits without the security of a shark cage. ANDY NEWMAN/FLORIDA KEYS BUREAU/THE ASSOCIATED PRESS

too old to chase your dream. Three is, it looks like a solitary sport, but it is a team," she said on the beach.

"I have to say, I'm a little bit out of it right now," Nyad said. She gestured toward her swollen lips, and simply said "seawater."

Her team said she had been slurring her words while in the water. She was placed on a stretcher on the beach and

received an IV before she was taken by ambulance to a hospital. But her doctor later declared her essentially healthy and expected her to recover quickly from dehydration, swelling and sunburn.

It was Nyad's fifth attempt and what she had said would be her last try to complete the approximately 110-mile swim. Her first attempt was in 1978. THE ASSOCIATED PRESS



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Mandela's release met with cautious optimism

Johannesburg.

South African icon returns home after hospitalization for recurring lung infection

South Africans on Monday welcomed Nelson Mandela's discharge from a hospital after nearly three months of treatment amid concerns that his health remains so poor that he

Quoted

"If he's back at home, I'm feeling free. He's the father of the nation."

Gardener Harrison Phiri

still must receive intensive care at home.

An ambulance returned the 95-year-old leader of the anti-apartheid movement to his home in the leafy Johannesburg neighbourhood of Houghton on Sunday. The office of

South African President Jacob Zuma said Mandela remains in critical and sometimes unstable condition and will receive the same level of care that he did in the hospital, administered by the same doctors.

Some grandchildren and

other relatives of the former leader visited his home, but did not comment to the media.

Johannesburg resident Themba Mbolambi expressed satisfaction that Mandela had left the hospital in Pretoria, describing him as "the man who offered himself for us."

The Star, a South African newspaper, carried a headline that read Madiba At Home, referring to Mandela by his clan name. The newspaper noted that "worries over infection persist." **THE ASSOCIATED PRESS**



Wartime Yanks set sail once again on Lake Erie

O.H. Perry Cabot, centre, talks with Oliver Hazard Perry impersonator Billy Campbell during a 200th-anniversary re-enactment the Battle of Lake Erie off Put-in-Bay, Ohio, Monday. Cabot is the great, great, great-grandson of Perry. In 1813, the Battle of Lake Erie, a War of 1812 engagement, was won when a U.S. naval force under Perry defeated the British. The victory, which Perry summed up in a report by saying, "We have met the enemy and they are ours," gave the United States control of Lake Erie. **MARK DUNCAN/THE ASSOCIATED PRESS**



A man in his underwear scales the 23rd-floor window ledge of an apartment building in Toronto on Sunday, in what police suspect was a drug-induced haze. RORY MOY/FOR METRO

Just say no, kids. Man who clung to building ledge likely on drugs: Police

A man was taken to hospital after he climbed out onto the window ledge of a Toronto apartment building Sunday afternoon in what police suspect was a drug-induced haze.

Wearing only his underwear, the man, in his 30s, climbed out from a 23rd-storey apartment.

"The drugs were making him think something was go-

ing on in the apartment building that wasn't actually happening," police Staff Sgt. Dan Crosby said. "Either the apartment was on fire, he was trying to escape, something of that nature."

Police suspect the man was high on methamphetamine.

They eventually talked the man off the ledge.

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INFO NIGHT, SEPT. 11, 5-8 PM

Honey and water

'Nectar of the gods' rises again

Once called the nectar of the gods, the oldest fermented beverage is seeing a renaissance.

Beekeepers and vintners are rediscovering mead, an alcoholic drink made of fermented honey and water. These days, fruits, spices and even carbonation are added. **THE ASSOCIATED PRESS**

Psychedelic invention

Groovy: The lava lamp turns 50

Call them '60s relics or hippie home accessories, lava lamps have been casting their dim but groovy light on interiors for half a century, having hit British shelves 50 years ago on Tuesday. A British company began marketing their creation in 1963.

THE ASSOCIATED PRESS



The iconic lava lamp is 50.

LEFTERIS PITRAKIS/THE ASSOCIATED PRESS

Hit-and-run case

Thai prosecutors seek warrant for Red Bull heir

Thai authorities are seeking an arrest warrant for an heir to the Red Bull energy-drink fortune after he failed to appear for his indictment in the hit-and-run death of a policeman, a prosecutor said. **THE ASSOCIATED PRESS**

Verizon not interested in Canadian market: CEO

Still concerned. Telus and Bell breathe a sigh of relief at the news, but remain on the offensive

Verizon Communications Inc. is no longer interested in entering the Canadian wireless market, CEO Lowell McAdam said on Monday.

McAdam made the comments after the company announced it had agreed to pay \$130 billion US for the 45 per cent stake in Verizon Wireless owned by British cellphone carrier Vodafone.

"At this point in time we're not interested in entering the Canadian wireless market," McAdam said, according to Verizon spokesman Bob Varettoni.

Canada's wireless compan-

Rules remain 'wide open'

The big wireless providers argued that big foreign players like Verizon would have an unfair advantage under current wireless rules.

- "Just because Verizon isn't coming doesn't mean another large foreign company ... might not want to come to Canada and take advantage of rules that, literally, would gift them a path to half of the 700 megahertz spectrum," said Josh Blair, executive vice-president of Telus.

ies were quick to respond, saying Verizon's decision does not ease their concerns about wireless rules in this country.

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Activists protest dolphin hunt

Protesters place paper dolphins on sticks as they perform rituals outside the Japanese Embassy in Pasay, south of Manila, Philippines, on Monday. The activists were part of an international day of protest against dolphin slaughter in Japan. **AARON FAVILA/THE ASSOCIATED PRESS**

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HOW DARE YOU BE SO SELFIES?

All right, I don't want to be another one of those people complaining about "kids these days," but, teenagers of the Internet, you've gone too far (virtual fist-shaking implied).

If you need yet another example of how social media is eroding our sense of human decency, then take a look at Selfies at Serious Places.

This delightful (read: horrifying) new Tumblr showcases a variety of photos of young adults posing for their smartphones in highly inappropriate settings. From car crashes to the gas chamber at Auschwitz, it seems there is no locale too solemn or morbid for teens looking to share a cringe-worthy self-portrait.

What is wrong with you? Are you documenting your inane facial expressions at important sites to try and prove to your friends and followers how thoughtful and cultured you are? Because if that's the case, you're doing it wrong.



SHE SAYS
Jessica Napier
metronews.ca

If you are in fact looking to exhibit your obnoxious privilege and complete lack of respect, then congratulations, job well done.

I will admit that most travel photography has a boastful "I was here" sort of element to it, but that doesn't mean you should literally photograph yourself holding up a peace sign next to John Lennon's grave.

Perhaps if you pry the phone out of your hands for a few moments and take a look around, you'll learn a few things and come to realize that war memorials, religious statues and heritage sites do not exist as funny props for you to pose against. Do you even know the definition of genocide?

Oh, sure, there are some places that are relatively suitable for a narcissistic photo-shoot.

When you find yourself riding alone in a well-lit elevator it would be forgivable for you to take a quick pic for your plethora

of social networks; pretty vain, but forgivable.

However, there are many, many circumstances in which snapping a selfie is seriously offensive.

For future reference, here is an incomplete list of places where you should resist the urge to take a photo of yourself: funerals, prisons, crypts and cemeteries (that includes celebrities' grave sites because their dead bodies are still DEAD BODIES), in a car or any sort of vehicle that you are in the process of driving, historic places commemorating catastrophic events or mass murders, sad hospital visits, crime scenes and pretty much anywhere you might find large groups of people openly weeping.

If you want to record a particularly stylish OOTD or "duck face" for the camera to show off your new lip gloss, then that's your prerogative.

But if you're out in public, please try to have a little consideration for your surroundings and the context of your actions. And, no, captioning your selfie with #respect doesn't make it OK.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Opposable thumbs? Pshaw



STEVE JONES/PHOTOSHOT/SOLENT NEWS

House proud on the sea bed

This coconut octopus was captured off the Indonesian coast, and it has revealed surprising domestic skills. Researchers discovered the animal uses coconuts to build shelters, the first known case of an octopus using tools.

They also transport them long distance by stacking the shells and walking on tentacles.

"I almost drowned laughing when I saw this the first time," said Dr. Julian Finn, a researcher from Australia's Museum Victoria. "I could tell it was going to do something, but I didn't expect it would pick up the shell and run away with it." **METRO**

Undersea IQ

Which sea creature is the smartest?

- **Squid.** The octopus' cousin can learn new skills and gets bored easily.
- **Sea lions.** These sea detectives show impressive logic.
- **Whales.** Are masters of language and communication.
- **Dolphins.** Are among the mammals with the largest brain-to-body ratios.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

If the picnic blanket and cooler have gotten more action this summer than your running kicks and gym shorts, fall can be an ideal time to get your sunburned, booze-soaked bum back on track. But if the colder days and back-to-school ads promoting new beginnings aren't enough to keep you motivated, these apps are here to help:

GymPact:

Miss a workout, pay up. Hit your targets, earn cash. GymPact helps you stay on track by giving cash incentive to those who hit their targets, while those who miss a day have to pay — literally.

Charity Miles:

Would you be more likely to get moving if you knew your miles were going to a good cause? Charity Miles lets

you donate each click/calorie to a charity of your choice.



Comments

RE: Is There Any Point to an Arts Degree?

"Is there any point to an arts degree?" Not in any large numbers/volume. There just are not the jobs out there.

If you want to be in debt for a long time and serve coffee for a living, go for it. Otherwise, learn a specific profession or trade. Don't

overlook the value of becoming a tradesperson (although, I have to admit the apprenticeship programs out there are too restrictive).

CCToronto, posted to metronews.ca

I don't always talk to someone with a BA, but when I do, I tell them I want fries with my burger.

Guesswhosback, posted to metronews.ca

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DVD reviews



Now You See Me

Director. Louis Leterrier

Stars. Jesse Eisenberg, Common, Mark Ruffalo

•••••

Only one movie magic trick really matters in the era of computer-generated imagery: convincing us that what we see on screen could actually happen. Why should we doubt our eyes, when CGI can make anything appear before them? Such is the dilemma of this star-studded bit of hokum Louis Leterrier (*Clash of the Titans*) that adds up to much less than the sum of its parts. The more you see of the movie and the more elaborate the tricks get, the less you are inclined to believe that humans rather than machines are in charge. The human factor is also diminished in the acting, despite a cast that boasts some of the most empathetic players going: Morgan Freeman, Michael Caine, Woody Harrelson, Jesse Eisenberg and Mark Ruffalo. All do tiresome variations of the smarmy know-it-all, while the two main female actors, Isla Fisher and Mélanie Laurent, are reduced to minor roles.

PETER HOWELL

Give 'em more Vin

Riddick. If his success with the *Fast* and *Furious* franchise is any indication, Vin Diesel knows just what the fans want in a movie



NED
EHRBAR

Metro World News in Hollywood

With *Riddick*, Vin Diesel is looking to repeat the success he had reviving his *Fast* and *Furious* franchise — he'll start shooting the seventh instalment right after *Riddick* is released — and continues to prove he knows what he's doing in giving audiences what they want.

And if he's right a second time, it just might open the doors for his long-awaited *Hannibal* film.

And maybe he'll even squeeze in a *Marvel* flick somewhere. The actor's been hinting about a *Marvel* collaboration and even put up a comic-themed photo on his Facebook page.

After the successful revival of the *Fast* franchise, if this one takes off as well will it feel like a complete vindication for you? Like an, "I told you so" to the industry?

Totally, totally. We're keeping our fingers crossed, but totally. And it will do what it intended to do, which



Riddick opens Friday. CONTRIBUTED

is to reopen that universe. That's the real intention. That's why we were able to go independent, that's why we didn't spend \$200 million like every other

Hollywood production. How anxious and how committed the studio will be to actually do the next one will depend on how it performs.

How much fun have you been having teasing people about your *Marvel* news?

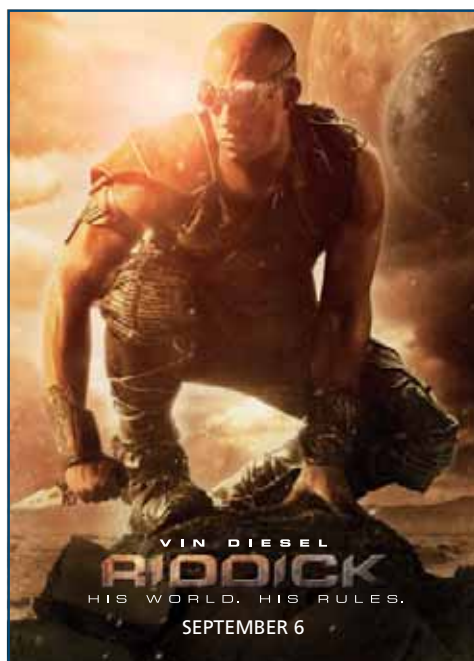
Have I been teasing? If the world wants to focus on a (Facebook) cover photo change that happens on a Sunday afternoon for less than an hour while *D23* is pumping out all the publicity in the world, that's fun, I guess. I don't know if it was so deliberate or if it was just kind of trying to let the social media base in as much as possible without totally disregarding the *Marvel* policy.

What about your long-planned *Hannibal* project?

You know, yesterday I was lucky enough to be the recipient of the 2,504th star on the Hollywood Walk of Fame, and even the night before getting the star, I was thinking, "Am I really ready for this star? I haven't done (*Hannibal*) yet. Why are they giving me this? Don't they have to wait until that trilogy comes out? This makes no sense." But all of these victories for Universal Studios gets me one step closer to traversing the Alps.

You've been holding out for this for so long.

It's embarrassing how long. You know, I've been talking about it so long that even five years ago I would have a little anxiety about doing press because I knew everyone was going to say to me, "Where is this *Hannibal* you've been promising? Come on, this is bulls—!" "But I'm doing *Fast*..." "I don't want to hear it!"

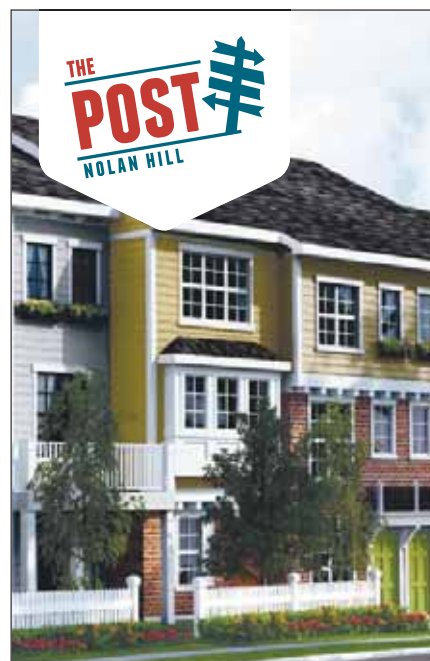


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What about Bob?

Filthy Gorgeous.

Documentary looks at the sometimes contradictory life of Penthouse founder Bob Guccione

With a mass of gold chains as thick as a plate of spaghetti on his hairy chest, a deep bedroom voice, leather pants and title as publisher of the pornographic magazine Penthouse, the late Bob Guccione seemed a one-dimensional character to many.

But beneath the tanned, lady-killer facade was a solitary intellect and artist who had a deep interest in science, according to the new documentary *Filthy Gorgeous: The Extraordinary World of Bob Guccione*.

"Unlike the brands of (Hugh) Hefner, and Larry Flynt for that matter, Guccione was the polar opposite," says Barry Avrich, director of the doc that premieres Sept. 9 at the Toronto International Film Festival.

"Guccione wasn't interested in being a brand. He was interested in building brands, but not brands themselves. He was reclusive, he didn't go to parties.

"He didn't feel that he had to have a girl or two girls on either arm to perpetuate the brand."

Early in his life, Guccione's career goals were also the polar opposite of those he eventually achieved.

As the film shows, the Brooklyn-born mogul studied to be a priest as a teen. He then tried to make it as an artist around Europe.

It was while in London with his second wife that he began a mail-order business selling pinup posters and set out to create an equivalent of Playboy for a British audience — a mag with high editorial standards



Bob Guccione may have peddled smut, but he possessed a solitary intellect.
THE CANADIAN PRESS

that captured "real women" and their sensuality.

Despite the controversy his idea created across the pond, the first issue of Penthouse in '65 was a hit and led to an empire of many magazines, including the science-based *Omni* and music-focused *Spin*. He also made major investments in lofty ventures, from nuclear reactors to casinos and the infamous '79 historical pornographic film *Caligula* starring Malcolm McDowell, Helen Mirren, and Peter O'Toole.

With his massive fortune, Guccione lived a life of luxury (his art collection in his ornate home included works by Matisse, Renoir and Picasso) with third wife Kathy Keeton, who helped run his business.

But in the late '90s and early 2000s, the magazine's circulation dwindled due to competition from Internet porn sites, and Guccione's company was forced into bankruptcy.

In 2010, after battling throat cancer, he died in Texas at age 79.

"It's a very tragic film. It's a tough film," says Avrich. "People aren't going to watch this film expecting to see —

'Infinitely fascinating'

Montreal-born Avrich embarked on the project after realizing no one had done "anything on Guccione — nothing. This was a huge opportunity to tell the world about a man that was infinitely fascinating," he says.

well mind you, there's tonnes of nudity, but not in a gratuitous, salacious way. It helps tell the story."

Filthy Gorgeous also includes loads of archival and home-movie footage of Guccione, who always had a swagger and a burning cigarette.

Interviewees include his sons as well as Victoria Lynn Johnson — a former Penthouse Pet of the Year who had an affair with Guccione — and Lynn Barber, editor of Penthouse from '67 to '74.

"You'll meet his lovers, you'll meet his family, you'll meet the dream team of women that ran the magazine," says Avrich.

THE CANADIAN PRESS

Film news

Melanie Griffith's daughter to star in 50 Shades of Grey

If you find yourself in the die-hard 50 Shades category, you'll be happy to know that casting for the 2014 film adaptation has been announced. On Monday, author E.L. James tweeted to her 300,000-plus followers, "I am delighted to let you know that the lovely Dakota

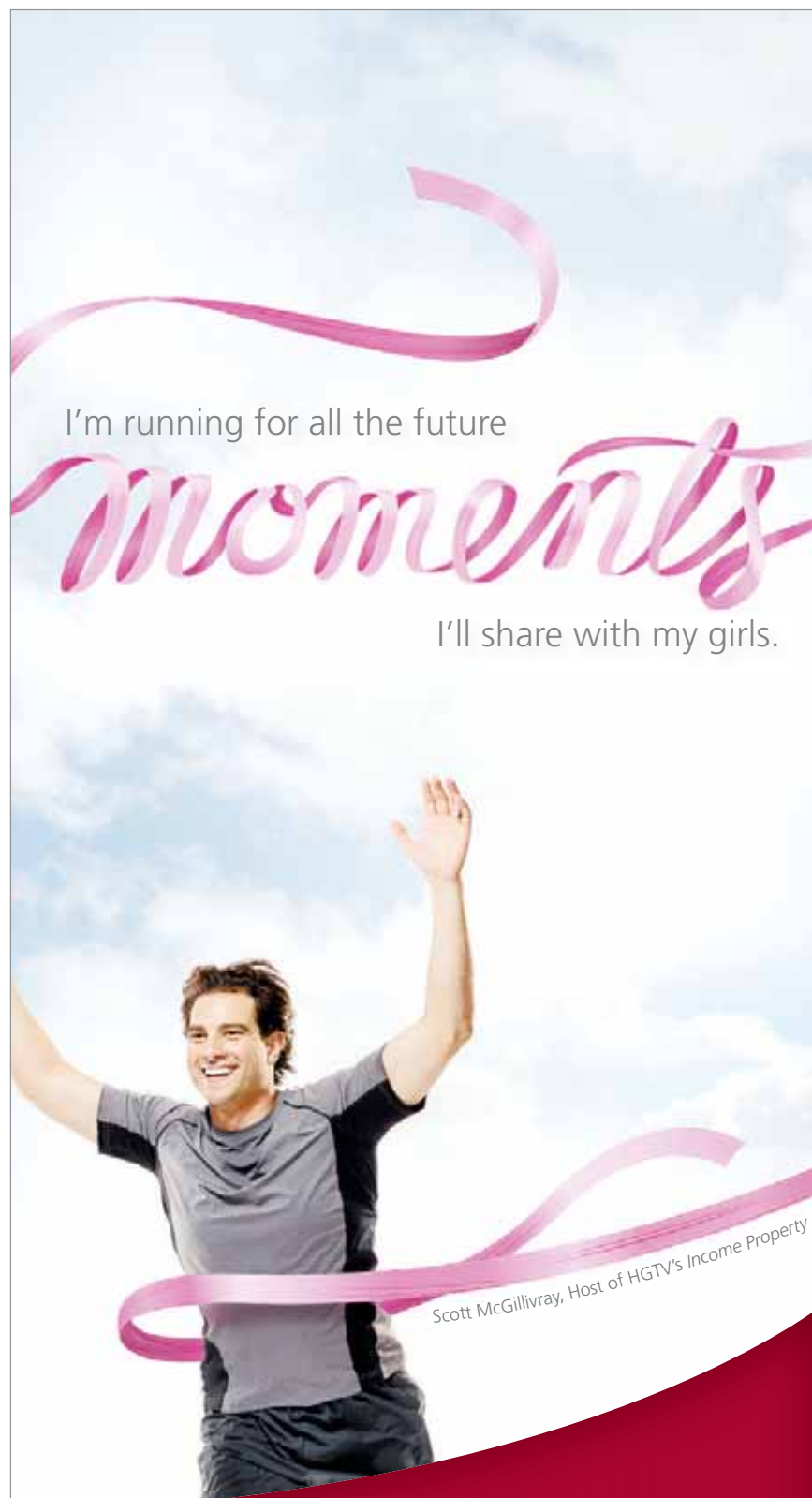
Johnson has agreed to be our Anastasia in the film adaptation of *Fifty Shades of Grey*." Less than an hour later, James announced that Sons of Anarchy star Charlie Hunnam will be the male lead. "The gorgeous and talented Charlie Hunnam will be Christian Grey in the film adaptation of *Fifty Shades of Grey*," she tweeted.

Johnson has some Hollywood pedigree — her mother is Melanie Griffith and her dad is Don Johnson.

METRO



Dakota Johnson. GETTY IMAGES



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Scott McGillivray, Host of HGTV's Income Property

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Olivia Wilde stars in *Drinking Buddies*, which opens Friday. CONTRIBUTED

Imbibing in her Wilde side



NED EHRBAR
Metro World News in Hollywood

Olivia Wilde's latest film, the indie dramatic comedy *Drinking Buddies*, takes on one of her favourite activities: drinking. Which is convenient, since writer-director Joe Swanberg strove for realism by having Wilde and her co-stars imbibe real beer during the shoot. The film follows two brewery employees and

longtime friends (Wilde and New Girl star Jake Johnson) who think there might be something more to their friendship.

What kind of drunk did you want Kate to be?

It was interesting trying to figure out what kind of drunk Kate would be, because she drinks so much all the time — and we were really drinking real beer the whole time we were shooting, so I was

familiar with what that would be like, to drink that much every day. But I wanted to play her drunk still very capable, cool, collected, a little woozy and she becomes a little emotional. But it was interesting because I was like, "I don't think she's a sloppy drunk." She couldn't have that job and be a sloppy drunk. She just gets a little slurry and a little slow and a little sultry. I thought it was fun.



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Katie Holmes ALL PHOTOS GETTY IMAGES

Long-time friends Holmes and Foxx becoming more?

Katie Holmes and Jamie Foxx turned heads this weekend in the Hamptons, dancing close and looking quite chummy with each other at a benefit bash, according to the New York Post. Holmes, who repeatedly grabbed Foxx's arm, was overheard telling friends, "I haven't had such

a good time in so long." The two have been friends for years, but sources say they've become much closer in recent weeks. And blog Diary of a Hollywood Street King even goes so far as to claim that Holmes and Foxx have been seeing each other for "a few months."



Amanda Bynes

Bynes' Twitter account 'hacked' while in care

It turns out that mysterious "I love Drake" message on Amanda Bynes' Twitter — her first post since being put under forced psychiatric care earlier this summer — wasn't actually from her. "Amanda's Twitter account

has been hacked. She is at the UCLA Medical Center with no access to phones or computers," her attorney, Tamar Arminak, tells Radar Online. She is expected to remain in treatment for the foreseeable future.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Two divorces and demons — business as usual in Hollywood



STARGAZING
Malene Arpe
scene@metronews.ca

Michael Douglas and Catherine Zeta-Jones separate after 13 years of marriage. They cite an inability to be in the same room without passing out from loathing and an urge to yell incoherently the next time the other person makes a chewing sound.

Despite rumours that Dr. Luke would join American Idol as a judge for the next season, it doesn't look like it will happen. Dr. Dre and Dr. Phil feel vindicated, because they were assured that if American Idol wanted to go with a fake doctor, it would be someone people had heard of.

A preacher named Gordon Klingenschmitt says he believes Madonna is possessed by demons. "Madonna? Are you serious right now?" says Miley Cyrus. "What. Do. I. Have. To. Do?"

Star Trek actor Zachary Quinto tells fan fiction



writers that he's convinced that Kirk and Spock are "only good friends." OK. Right. Sure. Next you're going to tell us that Harry Potter and Draco Malfoy didn't elope.

True Blood's Stephen Moyer will play Captain von Trapp on a live broadcast of The Sound Of Music. I can't wait for him to eat all the children, the Nazis, the nun and the Edelweiss and then run off with Alcide. (See what I did there, Zachary Quinto?)

"Twerk" and "selfie" will be added to the Oxford Dictionaries. And yet, despite my many letters on the subject, they keep rejecting "fnjort" and "smomfy."

Vincent Cassel and Monica Bellucci separate after 14 years of marriage. They cite irreconcilable differences and "just too much hotness for one house."



Katy Perry and John Mayer

'Gutted' Mayer pops the question but doesn't like patient Perry's answer

John Mayer is reportedly so serious about his rekindled romance with Katy Perry that he's already popped the question — but he didn't get the answer he wanted, according to Grazia magazine. "John won't run from Katy again. He knows his bad-boy reputation and what happened with Russell (Brand) hurt Katy, and

he'll do whatever it takes to show he's the one she should marry," a source says. But Perry apparently "doesn't feel ready" to be married again. "John's proposal really unnerved Katy," the source says. "Even though they have discussed it, she thought it was too soon. John was gutted."

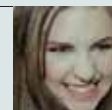


Twitter



@Janefonda

Joined the improv troupe at Upright Citizens Brigade last night. Improv way harder to do than I expected. Fun though



@lenadunham

Feel like there are tons of girls in a pit of ice cream & despair going "Lance Bass got engaged before me!?"



@SteveCarell

"Give a Stranger a Smile Day" results: 23% confused, 34% agitated, 43% annoyed.

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Half Off: Metro editor loses it

Training. Winnipeg's own Elisha Dacey challenges herself to lose weight

YLVA
VAN BUUREN
life@metronews.ca

Meet 35-year-old Elisha Dacey, Metro Winnipeg's managing editor. Besides heading up an always-unpredictable newsroom, Dacey has a busy home life with her husband and five-year-old daughter, Annabelle. It's no surprise that there never seems to be enough hours in the day, and taking care of herself falls to the bottom of the bucket.

About a year ago, Dacey stopped long enough to realize that at 295 pounds, she had put on way too much weight and her health was in jeopardy. She decided she needed to lose half her weight, and to do so publicly, chronicling the process in a blog called Half Off.

To start, Dacey followed Weight Watchers' points system to keep track of her eating. It worked for a while but when she reached 260 pounds earlier this summer (still, a 35 pound loss!), she hit a plateau. Every time she lost a pound, she'd gain it right back.

Enter colleagues at Metro News who suggested on-going support from a personal fitness trainer and registered nutritionist. And that's where Dacey is today.

Over the next few months, we'll follow Dacey and the experts to see what weight loss tips and strategies work and to provide inspiration and ideas to anyone who wants to improve their health by losing weight.

"The pressure I feel to get this right is definitely several notches higher now," says Dacey. "But I'm up for it. I know I can do this."



Elisha Dacey with personal fitness trainer Jordan Ciciwa. METRO

Nutrition

Meet Theresa Albert, registered executive nutritionist, Metro columnist, media commentator, and author of *Ace Your Health*, a health book, cookbook and journal all in one.

"Elisha is a classic case of no time and messed up priorities. ... Her real challenge will be putting herself first and getting healthier systems in place that will work for her."

Albert also says it's important to stop thinking of food cravings as something you have no control over. "It is only a fully acknowledged belief of the problem and a systematic attack of the issues that will help beat biology."

Albert's goal is to help Dacey establish an eating system that

makes choices healthy, easy and natural. She's going to Skype with Dacey every few weeks to discuss eating challenges and solutions. She's also asked Dacey to track her meals and hurdles, and to send in a weekly weigh-in report.

Fitness

Meet personal fitness trainer Jordan Ciciwa. Based in Winnipeg, he trains everyone from beginners to high level athletes. He also pens a blog called *one-fitness.com*.

"What attracted me to Elisha is I saw what she was trying to accomplish."

"After meeting with her, you can see where her love for her daughter, husband and job has come way before her own

A numbers game

"If it were up to me I would not be focusing on numbers. But I know people want to see the numbers. I know so many women who weigh themselves every day. I weigh myself once a week."

Elisha Dacey

needs."

Ciciwa says regular exercise will help Dacey get back on track to reach her weight loss goal but "it's also about health, fitness and strength for everyday living — you don't want to huff and puff going up and down stairs or run out of energy at the end of the day. When those signs and symptoms start to show up, you are in the red zone."

Ciciwa created a 30-minute home exercise program for Dacey, and in addition to one weekly training session together he asked her to do the program two more times a week on her own. The program is available in a downloadable version online, and there are accompanying videos that feature Ciciwa and Dacey showing you exactly how to do each exercise.

The trainer sees time and priority as Dacey's biggest issues. "Elisha has an unpredictable workday and without a set schedule, she will have to change her mindset. On work-out days she has to consider her day not finished until she does her workout."

"Elisha also has to prioritize her health by taking a little time from other activities that keep her busy, such as emailing. Once she values herself, it will be easier."

Elisha Dacey:

Sharing her story

I'd been thinking about losing weight for a while, and I officially started about a year ago.

I wanted to follow the entire Weight Watchers' program but because I am so busy at work and home, I knew I couldn't get to weekly meetings. I needed to find support another way so I started the Half Off Blog (read the posts at metronews.ca/voices/half-off) — and it's great motivation. It helps me get my issues out and has created a community of followers.

I don't eat that badly, but I eat too much. I also stress eat.

I needed to add exercise to the equation too, but building exercise into your life can be hard. Plus, I didn't want to go to a gym.

I also needed everyone to understand that life gets in the way. Sometimes you're going to eat pepperoni pizza with your family, and sometimes there's no way you're going to want to do your circuit of weights.

ELISHA DACEY AS TOLD TO YLVA VAN BUUREN

Online

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Brothers are doin' it for themselves

I'm starting with the man in the mirror. Boys are playing a bigger role in their own upkeep. Ladies, rejoice!

COURTNEY M. FOWLER
Metro World News

It's no secret that women love beauty products — just check out our bathroom shelves. However, a recent surge in men's skin care items proves that guys want to be as well-groomed as their female counterparts. We talked to Mr. Bee, head barber at New York City's Frank's Chop Shop and a Dove spokesman, about why so many guys sport handlebar moustaches and how to get the perfect shave.

What is one major misconception about men's grooming?

Men often assume that their grooming routines

have to be painful, which simply isn't true. Every day men are torturing their faces by washing with soap, applying alcohol-rich after-shaves and overlooking the needs of their skin, which contribute to a man's face looking worn, tired and neglected.

What are some of the biggest trends in men's grooming that you've noticed?

For the face, there's definitely been a renaissance of moustaches. Men have been rocking more late 1800s-, early 1900s-style moustaches. (They're) using moustache wax to create those twisted corners, also known as the handlebar moustache. As for hair-styles, I have definitely seen the return of the Mad Men style — the edges are very groomed, but there's more hair on top — giving guys more freedom when styling.

During the week this style can be groomed neat-

Mr. Bee's top three tips

- "An alcohol-free astringent to apply after shaving."
- "A post-shave balm to follow the astringent, such as the Dove Men+Care Hydrate post-shave balm, as it really helps relieve irritation and also soothes skin."
- "For those with facial hair, I'd suggest investing in a natural beard oil. This will help to retain the moisture in your beard."

ly for work, while on the weekends guys can let it loose and sport a more relaxed look.

Today we're seeing more guys sporting beards. Why?

I feel like in terms of style, whether it is hair, facial hair or fashion, everything

comes full circle. There will always be a time when something old is back in vogue. Today, I think we're moving away from the stringent, clean-shaven, corporate look — people are loosening up. What may have been frowned upon 10 years ago is acceptable today. We are at a time where guys are able to express themselves more freely than ever before, and that has manifested into more men sporting beards, moustaches, goatees, etc.

How can guys get the perfect shave?

Every guy should know the key to a good shave is preparation, not necessarily what tools he's using. Preparation includes washing your face with warm water and a gentle cleanser and then getting the skin tender with a hot towel that has been soaked in pre-shave oils. This will also help to open the pores and lift the hair follicles so the hair will come off smoothly.



In 2011, more than \$964 million was spent in department stores on men's products, and the demand seems to be growing. ISTOCK

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Split Pea and Barley Soup: A hearty Rosh Hashanah starter



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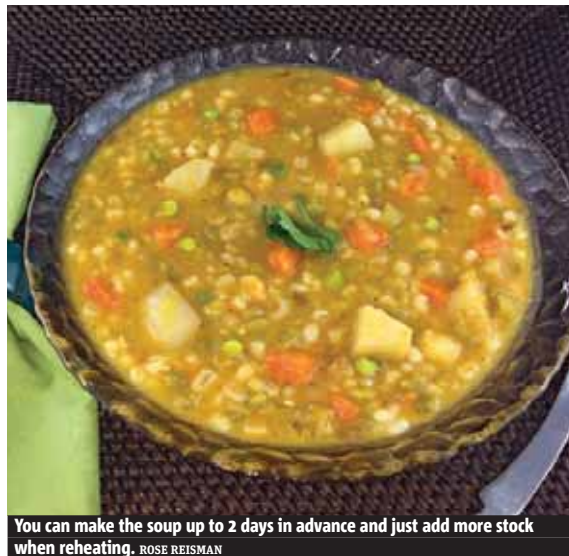
During Rosh Hashanah, the Jewish New Year, a hearty old-fashioned split pea soup is the perfect way to start your meal.

1. Combine the barley and the 2 cups (500 ml) of water in a large saucepan and bring to a boil. Reduce the heat and simmer, covered, for 25 minutes or until the barley is just tender. Drain any excess liquid. Set aside.

2. Lightly coat a large non-stick pot with cooking spray,

Restrictions

Not all Jewish dietary or traditional requirements may be met by these recipes.



You can make the soup up to 2 days in advance and just add more stock when reheating. ROSE REISMAN

add the oil and set over medium heat. Add the onion and sauté for 5 minutes or until just softened. Add the carrots and garlic, and cook

for another 5 minutes or until the carrots are slightly softened.

3. Stir in the 4 cups (1 L) of

Ingredients

- 1/4 cup pearl barley
- 2 cups water (or vegetable or chicken stock)
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2/3 cup chopped carrots
- 2 tsp finely chopped garlic
- 4 cups vegetable (or chicken) stock
- 1 cup peeled and chopped potato
- 3/4 cup green split peas
- 1/4 tsp each salt and pepper

stock and the potato, split peas, and salt and pepper. Bring to a boil, then reduce the heat to low and simmer, covered, for 35 minutes or until the split peas are tender.

4. Purée 2 cups (500 ml) of the soup in a blender or food processor. Return the puréed soup to the saucepan and stir in the barley. Heat through and serve.

Health Solutions

Don't be sheepish



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Axel Meister of Wooldrift Farms in Grey County, Ont., emigrated from Germany in 1987 and was the first to create a commercial sheep milking operation in the province.

I know. Crazy, right? Sheep's milk is a staple all over the world and with good reason. We Canadians have a lot of catching up to do.

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minimum.

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- Sheep's milk has almost twice the protein of cows' or goats' milk.

The taste is a lot less gamey than goats' and not quite as sweet as cows' milk. People with dairy digestive issues tend to have an easier time getting the goodness of milk without the down-sides of their intolerance when they seek out the sheep.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



Challah bread gets twisted into spirals

Most people know challah — a Jewish egg bread — as a braided loaf. But truth is, it can take on a variety of shapes.

And at Rosh Hashana it often is formed into a spiral, which is meant to symbolize the circle and continuity of the Jewish new year.

1. In bowl of stand mixer, combine water, 4 whole eggs, 3 egg yolks, oil, honey, salt, baking powder, yeast and 4 1/2 cups of flour. Mix on low speed for 6 to 8 minutes, or until dough is smooth and elastic. Dough

Ingredients

- 2/3 cup warm water
- 4 whole eggs, room temp
- 3 egg yolks, room temp
- 1/2 cup canola oil
- 2 tbsp honey
- 2 tsp salt
- 2 tsp baking powder
- 2 tsp instant yeast
- 4 1/2 to 5 cups all-purpose flour

For the egg wash

- 1 egg
- 1 tbsp water



This recipe serves 16. MATTHEW MEAD/THE ASSOCIATED PRESS

should be very soft and slightly sticky. If it feels too sticky, add the remaining flour 2 table-spoons at a time.

2. Cover bowl with plastic wrap and allow to rise in a warm place for 45 minutes.

3. Dump dough out onto counter and divide into 16 even pieces. Roll each piece into a 12-inch long snake.

4. Spray muffin tin with cooking spray. Spiral 1 dough snake into each muffin cup. Cover

muffin tin loosely with plastic wrap and allow to rise again in a warm place for another 45 minutes, or until puffy.

5. After dough has risen for 30 minutes, heat the oven to 375 F.

6. To prepare egg wash, in a small bowl beat together the egg and water until frothy. Brush gently over the spirals, then bake for 20 to 25 minutes, or until cooked through and golden brown. Transfer to a rack to cool.

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How to sweep her off her feet

In love. We spoke to the Kaufmans, who live in Valley Stream, N.Y., about what's kept their bond of 44 years so strong

MEREDITH ENGEL

Metro World News

You've likely uttered a big "Awww" upon seeing Morty and Lee Kaufman sweep each other off their feet — and dust off the armoire — in that popular Swiffer commercial.

And good news for romantics: The couple is just as in love in real life as they are in the commercial.

How did you two meet?

Lee: I was a widow and so was he, as we found out after we met. His little boy was in my summer reading class and Morty came for a required parent conference, and that was really how the whole thing started. And after that we kind of left Scotty on his own and got interested in each other.

Morty: I walked in and I said

to Lee, "Scotty can't read for beans, what are you gonna do about it?" She wasn't too intimidated but nevertheless I felt that I laid everything out straight for her. And later on I came in to have another conference with her, and I said, "I didn't come to speak about Scotty — would you care to go out with me?" And from then on it blossomed into a lovely romance. We've been married 44 years now. We got married on Valentine's Day 1969, and we've had a good marriage. Our children are wonderful to us, and we're wonderful to our children, and we're wonderful to each other.

Lee: And I must add that Scotty is an excellent reader. It all worked.

What drew you to each other?

Morty: You know, we both had been widowed in our early 40s, and there was a common bond between us in that we had similar situations. We got along fine. She's a lovely girl.

Lee: Wow. ... It did work out well. We never really sat down and figured the points of what was good and what was bad — it really just went along,

especially when our children began to get along.

Morty: I'll tell ya, I think an important factor was the fact that our previous marriages were both very satisfactory. We both came in with good concepts of marriage and then we were widowed in our very early 40s and we re-entered into marriage with a good attitude.

How do you resolve arguments?

Morty: You compromise or you give in. No difference of opinion is that important as to interfere with your love for each other. Each one of us gives in more than we'd like. But we give in.

Lee: We were each of us the youngest in our family, and my bigger brothers and sisters always told me where I could sit and what I could do, and if I threatened to complain to mom and pop they threatened me back, so that's what happens when you're the youngest: You learn to accommodate. And we found each other very accommodating. Really, that was a good contributing factor.

Morty: You gotta take care of each other.



The Kaufmans, from the popular Swiffer commercial, are just as happy outside the ads. CONTRIBUTED/ SWIFFER

How do you keep things fun over the years?

Lee: Well, we're quite sociable. We've been theatre-goers in Manhattan —

Morty: Opera-goers for 40 years.

Lee: Yes, that got to be our thing. Actually, Morty introduced me to the opera part of it, and fortunately I discovered that it was a nice thing so it was a good thing for us to share. There are friends who join us — we've been a group for a long time who does that sort of thing — and then the rest is just nice

socializing that most people do with each other and with their friends.

Morty: We eat a lot.

Lee: Yes, we eat a lot (laughs).

Morty: We don't cook too much. After 90, you don't want to really exert yourself. You want things done for you in a nice, easy fashion.

Everyone wants to know: How do you keep the sparks flying after all these years?

Morty: Well, there is nothing racy. It's just warm apprecia-

tion of each other. Your bodily demands vary with different ages as you get older. As you get older, you can just appreciate squeezing each other's hand, hugging each other.

Lee: I just gave him a poke because I just want him not to divulge all the secrets of our successful life together.

Morty: Listen, there's nothing quite as good as a loving hug and a good warm kiss. That keeps you going.

Lee: Thank you, Morty.

Morty: You're welcome.

Insurance — a back-to-school essential



YOUR MONEY
Alison Griffiths
money@metronews.ca

No sooner had my youngest daughter headed off to university than some wretch stole her backpack. Gone was a cell-phone, keys to her dorm room and an expensive hearing aid.

Fortunately, because she was in residence, our policy covered everything after a \$500 deductible.

Insurance isn't something that's on most back-to-school lists, but it should be. Theft, especially of expensive electronic devices, is common on campuses. In April, for example, Simon

Fraser University in Burnaby, B.C., issued a warning that campus thefts had doubled over the previous year.

It's important to know if the household policy covers loss, damage or theft of the student's possessions and to what degree. For example, a student renting an apartment or room may need a separate tenant package whereas personal belongings in a residence could be covered.

In other cases, parents might need to pay a bit extra to extend coverage up to a certain limit as long as the student is living away from home.

Before sending an offspring to post secondary studies with a vehicle, shop around for insurance. "Some companies price



You might not be able to find an insurance plan that covers all-nighters. ISTOCK IMAGES

occasional drivers much better than others," notes Anne Marie Thomas of InsuranceHotline.com. And if a student is listed as a driver but won't be taking a car with them, Thomas suggests the parents ask the insurance company about a discount, "because the exposure to risk

has been reduced since the student won't be driving as often."

Students should also be aware that insurance goes with the vehicle. If they lend the car and there is an accident, generally speaking the car owner's insurance, not the driver's, will take care of the claim.

Make sure kids fully understand their responsibilities, especially if drugs or alcohol are involved in a crash. Or simply forbid them from lending (unless they need a designated driver) and pray they pay attention. Thomas urges parents not

to forget about liability.

"If the child is sued while in a dorm or a shared apartment, don't make the assumption that the parent's liability will be extended." Everyone hates paying for insurance — until it's needed.

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The Eskimos' Damaso Munoz tackles Jon Cornish in Calgary on Monday. JEFF MCINTOSH/THE CANADIAN PRESS

Stampeders hang on for narrow win

CFL. Edmonton's 4th-quarter comeback falls short of ending lengthy losing streak

First the Calgary Stampeders lost quarterback Kevin Glenn.

Then they almost lost the Labour Day Classic.

Glenn was sidelined in the second quarter by a bruised knee and replaced by backup Bo Levi Mitchell, then the Edmonton Eskimos exploded for four unanswered touchdowns in the final quarter as Calgary held on for a 37-34 victory on Monday.

The Stamps built a 37-7 cushion with 10 minutes remaining in the game when Edmonton made a comeback surge to earn four touchdowns.

"I thought our team played hard, they played fast, they played physical," Calgary head coach John Hufnagel said. "We need to play smarter and I say that to my football team all the time."

"We knew Edmonton was a good fourth-quarter team. We knew there was no quit in that football team. Life is a lesson, so is a football game. Fortunately, the mistakes we made didn't cost us the game."

Cary Koch, Kerry Joseph, John White, Matt Carter and Fred Stamps had touchdowns for Edmonton (1-8), whose 27 points in the fourth quarter made for a wild finish and a tense one for Stampeders fans at McMahon Stadium.

But Calgary (7-2) held on for the win and continues to chase the Saskatchewan Roughriders (8-1) atop the

Labour Day Classic

37

Stampeders

34

Eskimos

Canadian Football League. The Eskimos lost their seventh in a row and reside in the West Division basement.

The Stampeders led 17-0 after the opening quarter, but their momentum stalled momentarily when Glenn left the game in the second.

His leg buckled after a snap and while he managed to complete the pass, Glenn immediately limped off, favouring his left leg. He completed eight of 11 pass attempts for 108 yards

and a touchdown pass before leaving the game.

"He could have played, but he wouldn't have the mobility I thought we needed at the position because of the pressure their front four was getting on us," Hufnagel said.

Glenn, 34, was also unable to finish Calgary's previous game against Toronto, when a fourth-quarter head injury forced him to the sidelines to comply with the CFL's concussion protocol.

Maurice Price led Calgary with three touchdowns in the receiver's first game since injuring his hamstring in Week 3. He finished with 165 receiving yards on five receptions.

"I've been so hungry for one of these so-to-speak, breakout games, and it finally feels good to kind of get one," Price said.

THE CANADIAN PRESS

U.S. Open

Raonic ousted with five-set loss

Canadian Milos Raonic lost to France's Richard Gasquet in five sets on Monday in the fourth round of the U.S. Open.

The pair needed more than four hours, 40 minutes to settle the match 6-7 (7), 7-6 (7), 2-6, 7-6 (11), 7-5.

Gasquet advances to play Spain's David Ferrer in the Grand Slam tournament's quarter-final.

Raonic, from Thornhill, Ont., matched his previous best at a Grand Slam. He'd previously made the fourth round in the Australian Open (2011, 2013) and the U.S. Open (2012).

THE CANADIAN PRESS



Milos Raonic lost in five sets to Richard Gasquet on Monday. MIKE GROLL/THE ASSOCIATED PRESS

CFL

Alouettes have no time for Tebow

He's a free agent but the Montreal Alouettes won't be calling Tim Tebow about playing in the CFL.

"We've never had a conversation with him or his representation," Montreal GM/interim head coach Jim Popp said Monday, adding there won't be one unless Tebow or his management initiates it. "It's all for talk and there's nothing there, there's no substance to it."

The former Florida star was cut by New England Patriots at the end of training camp and cleared NFL waivers. The Alouettes have Tebow on their negotiation list and own his CFL rights.

THE CANADIAN PRESS



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Hesjedal lightens up for Alberta race

Cycling. With race in homeland, Canadian rider looks to shed trappings of success

His teammates call him Weight of a Nation, but Ryder Hesjedal has figured out the best way to carry it is to pretend that you're not.

"I'm just hoping to have a good race and be part of it in a good way," he said in a recent interview from his hometown of Victoria before heading to the Tour of Alberta, Canada's first top-level bicycle stage race.

He got the nickname during the 2012 Giro d'Italia, one of the world's three Grand Tour races. Hesjedal won that 21-day grind through Italy's mountains, valleys and coastlines to become the first Canadian to win a major European tour event.

But ever since, the spokes



Ryder Hesjedal GETTY IMAGES

on the wheel have come a little loose.

He has helped teammates win some of Europe's biggest one-day events and put in some impressive personal showings, but crashes, ill-timed flu bugs and tough courses have kept him off the podium at the Olympics and this year's Giro

and Tour de France.

Maybe the burden was a little heavy, he concedes.

"When I look back, it was just too much — the whole stretch of the setbacks and trying continually to come back to top form. I think I paid for that in the Tour. I just didn't get to that level in the Tour de France," he said.

Hesjedal said the inaugural Tour of Alberta — a six-day, 900-kilometre race through prairies, badlands, river valleys and foothills, starting in Edmonton Tuesday and ending in Calgary — is building on an emerging pro cycling scene in North America. But as Canada's biggest cycling star, he's not worried about being dragged down by the weight of racing in his home country.

"I'm more looking to enjoy racing here in Canada, being home and enjoying the inaugural event and not really fixate on performing. I'm just hoping to have good legs," Hesjedal said. **THE CANADIAN PRESS**

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	82	57	.590	—
Tampa Bay	75	60	.556	5
Baltimore	73	63	.537	7½
New York	73	64	.533	8
Toronto	63	75	.457	18½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	81	57	.587	—
Cleveland	72	65	.526	8½
Kansas City	71	66	.518	9½
Minnesota	60	76	.441	20
Chicago	56	80	.412	24

WEST DIVISION

	W	L	Pct	GB
Oakland	79	58	.577	—
Texas	79	58	.577	—
Los Angeles	63	72	.467	15
Seattle	62	75	.453	17
Houston	45	92	.328	34

Monday's results

N.Y. Yankees 9 Chicago White Sox 1
Detroit 3 Boston 0
Minnesota 10 Houston 6
Kansas City 3 Seattle 1
Baltimore 7 Cleveland 2
Oakland 4 Texas 2
Tampa Bay at L.A. Angels

Sunday's results

Baltimore 7 N.Y. Yankees 3
Kansas City 5 Toronto 0
Cleveland 4 Detroit 0
Boston 7 Chicago White Sox 6
Houston 2 Seattle 0
Minnesota 4 Texas 2
Oakland 5 Tampa Bay 1

Tuesday's games — All times Eastern

Chicago White Sox (Sale 10-12) at N.Y. Yankees (Kuroda 11-10), 7:05 p.m.
Baltimore (Tillman 15-4) at Cleveland (Jimenez 9-9), 7:05 p.m.
Detroit (Scherzer 19-1) at Boston (Lester 12-8), 7:10 p.m.
Minnesota (Hernandez 3-1) at Houston (Cosart 1-1), 8:10 p.m.
Seattle (Ramirez 5-1) at Kansas City (Chen 6-2), 8:10 p.m.
Tampa Bay (Moore 14-3) at L.A. Angels (Vargas 8-5), 10:05 p.m.
Texas (Perez 8-3) at Oakland (Colon 14-5), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	84	53	.613	—
Washington	69	68	.504	15
Philadelphia	63	75	.457	21½
New York	62	74	.456	21½
Miami	51	85	.375	32½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	80	57	.584	—
St. Louis	79	58	.577	1
Cincinnati	77	61	.558	3½
Milwaukee	59	78	.431	21
Chicago	58	79	.423	22

WEST DIVISION

	W	L	Pct	GB
Los Angeles	82	55	.599	—
Arizona	69	67	.507	12½
Colorado	65	74	.468	18
San Diego	61	76	.445	21
San Francisco	61	76	.445	21

Monday's results

Cincinnati 7 St. Louis 2
Atlanta 13 N.Y. Mets 5
Pittsburgh 5 Milwaukee 2
Miami 4 Chicago Cubs 3
San Diego 4 San Francisco 1
Toronto 4 Arizona 1
L.A. Dodgers 10 Colorado 8
Philadelphia 3 Washington 2

Sunday's results

St. Louis 7 Pittsburgh 2
L.A. Angels 5 Milwaukee 3
Chicago Cubs 7 Philadelphia 1
Colorado 7 Cincinnati 4
L.A. Dodgers 2 San Diego 1
San Francisco 8 Arizona 2
Miami 7 Atlanta 0
Washington 6 N.Y. Mets 5
Tuesday's games — All times Eastern
Washington (Gonzalez 8-6) at Philadelphia (Martin 2-3), 7:05 p.m.
St. Louis (Wacha 2-0) at Cincinnati (Bailey 9-10), 7:10 p.m.

N.Y. Mets (Torres 3-2) at Atlanta (Medlen 11-12), 7:10 p.m.
Miami (Koehler 3-9) at Chicago Cubs (Jackson 7-14), 8:05 p.m.
Pittsburgh (Cole 6-7) at Milwaukee (Gallardo 10-9), 8:10 p.m.
L.A. Dodgers (Nolasco 11-9) at Colorado (Chacin 13-7), 8:40 p.m.
Toronto (Redmond 2-2) at Arizona (Miley 9-9), 9:40 p.m.
San Francisco (Bumgarner 11-9) at San Diego (Erlin 2-2), 10:10 p.m.

CFL

EAST

	GP	W	L	T	PF	PA	Pt
Toronto	8	5	3	0	244	209	10
Hamilton	9	4	5	0	229	248	8
Montreal	8	3	5	0	195	239	6
Winnipeg	9	1	8	0	192	295	2

WEST

	GP	W	L	T	PF	PA	Pt
Saskatchewan	9	8	1	0	312	202	16
Calgary	9	7	2	0	298	234	14
B.C.	9	6	3	0	236	229	12
Edmonton	9	1	8	0	222	272	2

Monday's result

Calgary 37 Edmonton 34

Sunday's result

Saskatchewan 48 Winnipeg 25

Tuesday's game

All Times Eastern

Montreal at Toronto, 7:30 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	12	7	6	41	35	42
New York	12	9	6	40	35	42
Kansas City	12	9	6	38	27	42
Philadelphia	10	8	9	37	37	39
New England	10	9	7	35	25	37
Houston	10	8	7	30	29	37
Chicago	10	10	5	31	35	35
Columbus	8	13	5	29	35	29
Toronto FC	4	12	10	23	35	22
D.C.	3	18	5	16	43	14

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	14	8	6	52	35	48
Los Angeles	13	9	4	43	32	43
Seattle	12	8	4	32	26	40
Colorado	10	8	9	34	29	39
Portland	9	5	12	39	30	39
Vancouver	10	9	7	38	35	37
FC Dallas	9	7	10	36	38	37
San Jose	9	11	7	28	40	34
Chivas USA	5	14	7	26	47	22

Sunday's results

Chicago 1 Houston 1

Vancouver 2 Chivas USA 2

Saturday's results

Montreal 0 Philadelphia 0

Kansas City 2 Colorado 1

Los Angeles 3 San Jose 0

New York 2 D.C. 1

Seattle 1 Columbus 0

Wednesday's games

Houston at Columbus, 7:30 p.m.

Chivas at Seattle, 10 p.m.

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Horoscopes

Aries

March 21 - April 20

Don't feel unworthy if you receive something you did not expect. It has come your way so you deserve it, even if you don't know why. The planets respond to good and bad deeds.

Taurus

April 21 - May 21

Something you have to do may be boring but stick with it because you will soon be doing something more interesting. What you don't need is that nagging feeling that there are jobs that still need doing.

Gemini

May 22 - June 21

Given enough time most situations resolve themselves, so don't get worked up about something that is really of only minor importance. If someone has hurt you, remember this: living well is the best revenge.

Cancer

June 22 - July 23

You seem to have forgotten what it is like to make decisions for yourself but that will change over the next few days. You must take the initiative. Your success depends on it.

Leo

July 24 - Aug. 23

You may not want to listen to someone who seems to just moan about how unfair life is but this time it seems they have something worth complaining about. Help them.

Virgo

Aug. 24 - Sept. 23

It is essential that you adopt a positive attitude. The approaching new moon in your sign will bring new opportunities your way but to take advantage, your mind must not be stuck in reverse.

Libra

Sept. 24 - Oct. 23

It may seem as if you are moving in the opposite direction as everyone else but that does not matter. The fact that you are moving at all is what counts. Others will admire your vitality.

Scorpio

Oct. 24 - Nov. 22

There seem to be a lot of rumours flying around. Should you take them seriously? With Neptune strong in your chart, you can probably afford to ignore them altogether.

Sagittarius

Nov. 23 - Dec. 21

Check your facts today then check them a second because it will be easy to overlook small but vital details. Don't be lazy or complacent. You cannot afford to take anything for granted.

Capricorn

Dec. 22 - Jan. 20

You will be on the move quite a bit over the next two or three days but don't forget that your energy is limited. Do only those things, and go to only those places, that bring you closer to your long-term goals.

Aquarius

Jan. 21 - Feb. 19

It may be true that someone is trying to undermine your authority but is it important enough to get annoyed about? Probably not. A few short days from now, your current worries will seem like a lifetime away.

Pisces

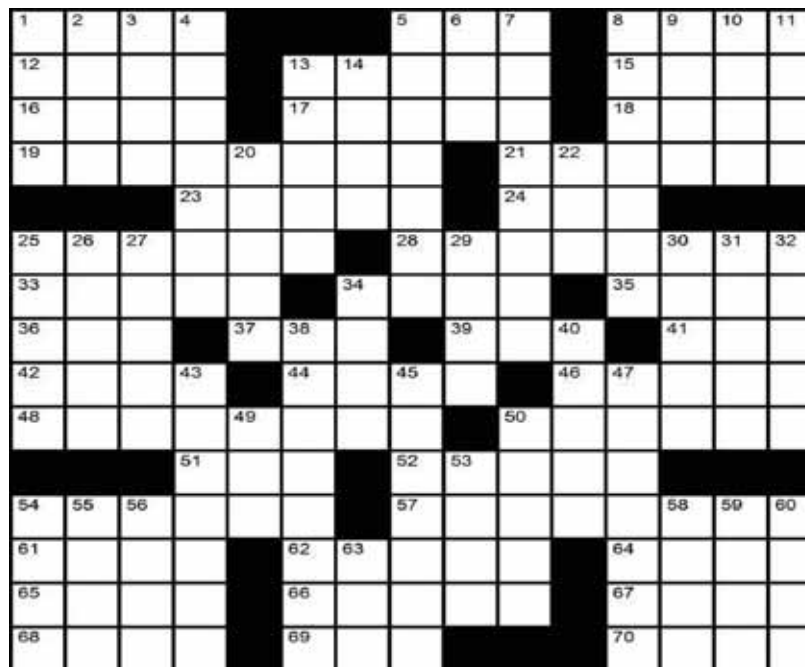
Feb. 20 - March 20

It appears you feel guilty about something should have done, but did not; or something you did but should have avoided. Focus on more important issues. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. ___ to School
5. From A ___ (Step-by-step)
8. Poker token
12. Wings: Latin
13. ___ diving
15. ___-call (Automated phone message)
16. Fall mo.
17. Trompe '___ (Visual illusion)
18. Fashion designer Mr. Saint Laurent
19. Instructors
21. Canadian glue company since 1876
23. Shaped with an axe
24. Soak flax
25. Some Internet ads
28. "The Beach-combers" main character, Nick ___
33. Spew fire
34. Newbie, variantly
35. Vampire's vestment
36. Geog. coordinate
37. Expert
39. Lettered band of "Unbelievable" fame
41. Tree in Hawaii
42. Beyonce's "Cadillac Records" role
44. Hawk's lofty nest [var. sp.]
46. Whitney Houston song: "Greatest Love ___"



48. ___ set (Compass, ruler, triangle, etc. kit)
50. Canadian note-books brand
51. Work of what?
52. Jagged
54. 3-ring ___
57. Great states of joy
61. Early Ron Howard TV role
62. "Steady ___ goes!"

64. "The Flintstones in ___ Rock Vegas" (2000)
65. Singer Erykah
66. Ominously comes into view
67. Superb spot
68. John Keats specialties
69. Mr. Chaney of movies
70. "You ___ Me" by Sam Cooke

1. Rope fibre
2. Away from the wind, at sea
3. Bullfighter's cloak
4. Potato chips flavour
5. Labour Day fol-lower
6. Stylish sash
7. Quickstep-doing place
8. British style of crossword
9. Jay Z hit tune from

- 2001: "Izzo (___)"
10. "___ of you, don't say goodbye..." - Neil Sedaka
11. Put forward, as an idea
13. Bunches
14. Centre
20. Prefix meaning "Seven"
22. Poetic nightfall
25. Ship co-owner in Moby-Dick, Captain

26. Give a stately speech
27. ___ work (Get labouring)
29. Squirrel's nest
30. Capital of Senegal
31. Olympian, ___ Anton Ohno
32. Mattress manufacturer
34. Golfer, when at the golf peg, say
38. Britain-born Canadian actress Kim
40. Impose upon
43. Milos Forman won the 'Best Director' Oscar for what 1984 film?
45. University in Toronto
47. Rivers: French
49. Poetically before
50. Wishes
53. Mr. Emanuel (Mayor of Chicago)
54. Peter Sellers comedy, "The ___" (1967)
55. Big name in tablets
56. Brood of pheasants
58. BTO song: "Let It ___"
59. Level
60. Belinda Carlisle hit: "Circle in the ___"
63. The ___ (Sault Ste. Marie's nickname)

Friday's Crossword

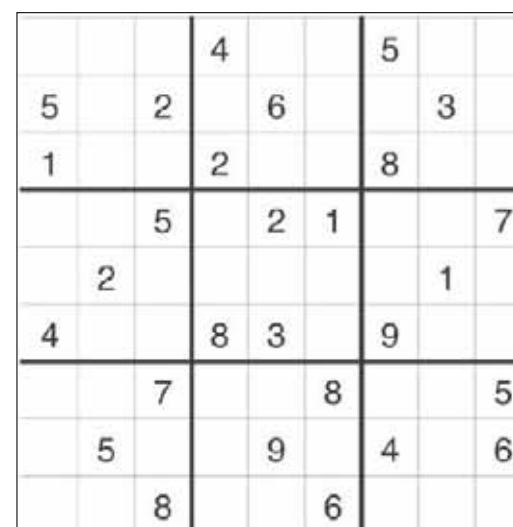


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 25°
MIN: 14°



MAX: 28°
MIN: 14°



MAX: 26°
MIN: 17°



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